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# A VARIETY OF FRUITS and VEGETABLES

*some good choices for the thrifty family*

Use vegetables, fruits or juices at meals--or as snacks

These are good buys  
most of the year



Apples



Grapefruit and  
Oranges



Green Beans



Bananas

**FRESH**



Potatoes  
and  
Sweetpotatoes



Leafy Greens,  
Cabbage and Celery



Turnips



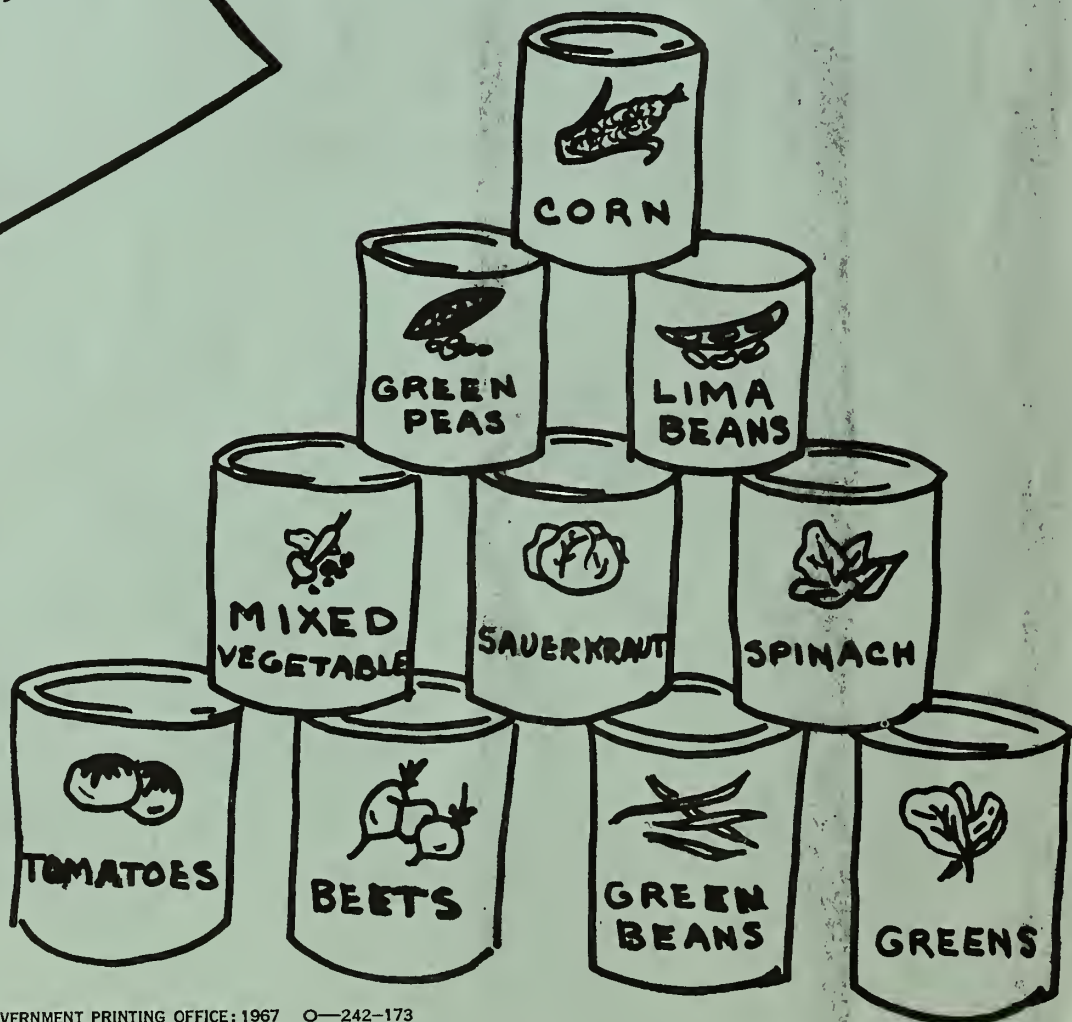
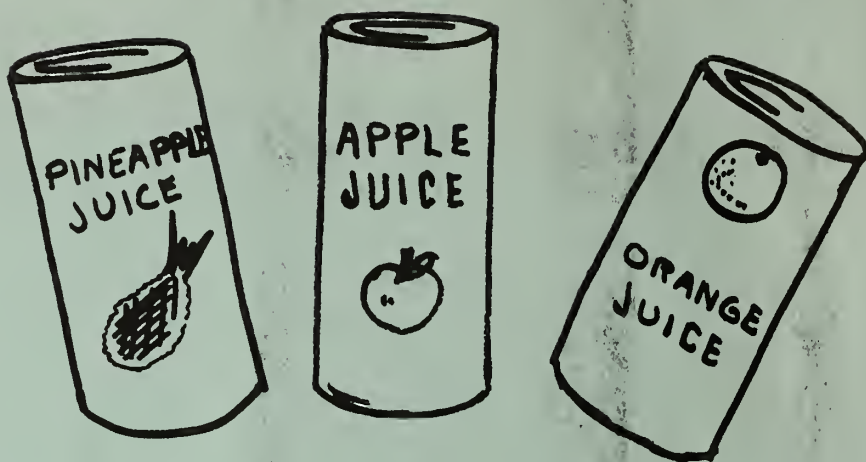
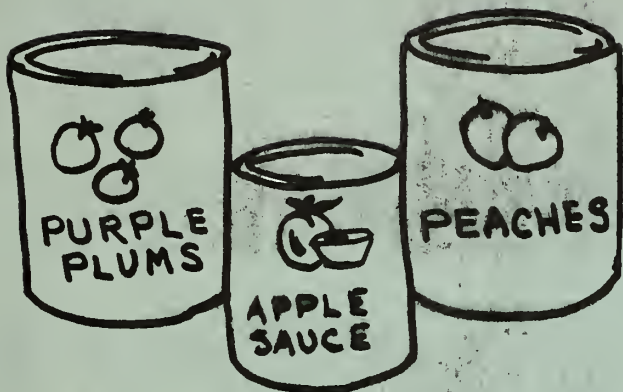
Onions



Carrots

Watch for others  
that are good buys  
when in season





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